

SECRET TEST QUESTIONS (For Test #2)

Congratulations! You Have Discovered The Secret Test Questions For TEST #2

Please Ask Ms. Salter or Mr. Malik If You Have Any Questions About The Upcoming Test. GOOD LUCK!

1. **Please explain** where your **Gastroc Is Located?**.
2. **The bone** that is located on **your hip is called?** This is the bone that is located where the step counter is placed.
 - (A) **Ily Crest Bone**
 - (B) **Iliac Crest Bone**
 - (C) **The Crest Bone**
 - (D) **The Crest Iliac Bone**
3. **How many steps** have you **personally stepped** in pe class? The answer is located on your grade sheet.
4. **When doing push-ups** what **muscles** are being **used in Adduction?**
 - (A) **Your Triceps & Trapezius**
 - (B) **Your Biceps Femoris**
 - (C) **Your Gastroc.**
 - (D) **Your Vastus Muscles**
5. **What** is the **name** of the **muscle that is located in your upper back?** [*Hint: This is the muscle that you place your hands when playing the Leapfrog game?*] Spelling Does Not Count.
6. **How many miles** have you **personally walked** in pe class? The answer is located on your grade sheet.
7. **Please list 5 muscles** that are located in **your upper body.**
8. Please **explain** what **Adduction is?**